

ACHIEVE YOUR DREAM!

Train with the best

ISHS TENNIS ACADEMY PROGRAM STARTING TERM 3

- Minimum of 7.5 Hrs on Court per Week
- Athletic Development
- Tournament Tours & Match Play
- Workshops & Seminars

LifeTime Tennis is embarking on an ambitious plan to develop high class tennis players within a school environment. LifeTime has partnered with the Indooroopilly State High School to train and develop players who wish to become candidates for US College scholarships or a professional tennis player.

****Players required to enrol or currently be enrolled at Indooroopilly State High School.***

www.lifetimetimetennis.com.au for more



ON COURT

Get 5 x 90 min on court sessions Mon - Fri 6.30–8 a.m per week during school terms (4 x 10 Weeks)

Sessions will be high intensity and delivered by high qualified and professional coaches. Drilling and match play with a heavy tactical focus. Coach to Player ratio never more than 6:1

PHYSICAL & ATHLETIC DEVELOPMENT

2 x Physical Testing Annually by Ignite Fitness. A qualified and experienced team of fitness professionals that work closely with LifeTime Tennis.

3 x Weekly Strength and Conditioning Sessions

Speed / Agility sessions at the start of on court sessions

Individual take home programs (injury prevention)

TOURNAMENTS & PROGRAMMING

Annual Tournament Calendar and Schedule will be mapped out for players in the program. An individualised focus will be taken to ensure athletes are entering the best events.

This will be monitored and adjusted throughout the year.

Tournament Coach Support at 10 Events through the year

SPORT PSYCHOLOGY

LifeTime Tennis will offer 1 session per week with a sports psychology focus. LifeTime will work closely with UQ Sport Psych department so that players get access to workshops, handbooks and support at selected tournaments.

ACADEMY PROGRAM FEE:

Complete program for \$220 per Week. This will be direct debited on a fortnightly schedule. All players must be a member of LifeTime Tennis (\$26 / Month Membership)

Membership benefits gives players the above pricing and discounts on restrings, pro shop gear, free court hire.

ISHS Enrolment Information

<https://indoorooshs.eq.edu.au/enrolments/enrolling>